



OUTWARD BOUND

School Holiday Parent & Teen Course

Leaps & Bounds is the ultimate shared adventure for a parent/caregiver and their teenager (13 - 15 years).

Over 8 days learn about yourself and each other in a challenging but supportive environment. Form a relationship that is real, open, honest, and based on respect while sharing the experience with other adults and teenagers in your group.

Activities include tramping, camping, kayaking, running, sailing, swimming, rock climbing and high-ropes.

“ Outward Bound provided my daughter and I with a gift of experience and language/stories that we now share. ”

Upcoming course dates

Sun 15 July - Sun 22 July

Sat 6 Oct - Sat 13 Oct

To find out more get in touch on 0800 688 927

[outwardbound.co.nz](https://www.outwardbound.co.nz)